

Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup 1 Tbsp		¾ cup	1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
*Fresh onions, diced	1 lb 4 oz	3 cups	2 lb 8 oz	1 ½ qt	
*Fresh carrots, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh celery, diced	1 lb 1 oz	3 ½ cups	2 lb 2 oz	1 qt 2 ¾ cups	
Enriched all-purpose flour	3 oz	½ cup 1 Tbsp	6 oz	1 cup 2 Tbsp	2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
Water		2 qt 2 cups		1 gal 1 qt	
Low-sodium chicken base		1 Tbsp		2 Tbsp	
Salt-free seasoning		1 tsp		2 tsp	3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
Garlic powder		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	3 lb 4 oz	1 qt 2 ½ cups (½ No. 10 can)	6 lb 8 oz	3 qt 1 cup (1 No. 10 can)	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	1 qt 3 cups	3 lb	3 qt 2 cups	
*Fresh red potatoes, unpeeled, cubed 1"	1 lb 8 oz	1 qt	3 lb	2 qt	
Frozen, cooked diced chicken, thawed, ½" pieces	1 lb 10 oz	1 qt 1 ½ cups	3 lb 4 oz	2 qt 2 ¾ cups	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	7 lb OR 7 lb	3 qt 1 ½ cups (1 ¾ No. 10 cans) OR 3 qt 1 ½ cups	14 lb OR 14 lb	1 gal 2 ¾ qt (3 ½ No. 10 cans) OR 1 gal 2 ¾ qt	

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*Fresh baby spinach, chopped	5 oz	2 cups	10 oz	1 qt	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 6 fl oz ladle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.

Nutrients Per Serving

Calories	123.71	Saturated Fat	0.27 g	Iron	1.88 mg
Protein	7.95 g	Cholesterol	13.14 mg	Calcium	50.22 mg
Carbohydrate	18.19 g	Vitamin A	3426.42 IU	Sodium	57.37 mg
Total Fat	2.24 g		(162.53 RAE)	Dietary Fiber	5.03 g
		Vitamin C	8.83 mg		

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Carrots	15 oz	1 lb 14 oz
Celery	1 lb 4 ½ oz	2 lb 9 oz
Sweet potatoes	2 lb	4 lb
Red potatoes	1 lb 8 ¾ oz	3 lb 1 ½ oz
Dry great northern beans	2 lb 8 oz	5 lb
Baby spinach	6 oz	12 oz

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ⅛ cup additional vegetable.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts
OR Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ¼ cup red/orange vegetable and ⅛ cup additional vegetable.	100 Servings: about 37 lb 8 oz	100 Servings: about 4 gallons 3 quarts
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		